



SELF-MANAGEMENT TECHNIQUES OF THE UNIVERSITY TOP SCORERS IN TAMILNADU

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ABSTRACT

Self-management is the most important aspect for achieving success. Education helps everyone to prevent the perils present in all phases of life. Especially the top scorers in higher education are able to understand them and evaluate others more accurately can lead a successful life. Therefore, the research work was undertaken to assess the self-management techniques of the university top scorers and to test whether the different categories of the top scorers significantly differ among themselves with reference to their Gender, Age, Educational Qualification and Marital Status. The primary data were obtained from 305 top scorers by adopting multistage stratified random sampling technique for analysis. The analysis indicates that the top scorers are managing themselves in a well manner. 'Z' test reveals that there was a significant difference in the means of the opinion scores of the different categories of the top scorers.

KEYWORDS: know thyself, Self-management, Top scorers, SWOT, POSDCORB.

INTRODUCTION:

Managing self is the most important aspect for achieving success. Managing self is determined by knowing thyself. Knowing thyself is the prerequisite to enhance interpersonal and intrapersonal relationship. The sigma personality of the individual depends on intrapersonal skill defined and described via self-portrait. The person who has the superlative self-portrait and interpersonal relationship can acquire the healthy organizational life and begin better social life. Education helps everyone to prevent the perils present in all phases of life. Especially the top scorers in higher education are able to understand them and evaluate others more accurately can lead a successful life. The top scorers who got success in education and not having self-management ability means they become burden to their family, society and for the nation. In this context, it is essential to know whether the top scorers who are successful in their studies are successful in their life or not.

Nasira Bhikha Vallee (2007)¹, Daniel J. Siegel (2010)², Grete Luxbacher (2013)³, John D. Mayer (2014)⁴, and Travis Bradberry and Jean Greaves (2017)⁵ conducted the research entitled "Know Thyself", "Mind sight", and "World university rankings: how much influence do they really have?". The above studies indicate there are plethora opportunities to study the self-management techniques. Hence, it is essential to assess the self-management techniques of the university top scorers. Besides, there is a need to test the significant difference among the top scorers with reference to their Gender, Age, Edu-

cational Qualification and Marital Status.

MATERIALS AND METHODS:

Both primary and secondary data were used for the study. The primary data were obtained from the top scorers of Tamil Nadu State Government Universities for the academic year (2003-2008) with the help of structured questionnaire from 305 top scorers in the realm of commerce by adopting multistage stratified random sampling technique. The primary data were collected through e-mail, mail and over the phone. The collected were analysed by applying 'Z' test.

The secondary data were collected from the Controller of Examinations of Tamil Nadu State Government Universities (six universities). (Annamalai University, Bharathidasan University, Madurai Kamaraj University, Manonmaniam Sundaranar University, Periyar University, University of Madras)

RESULTS AND DISCUSSION:

Self-Management is a key skill that will help a person throughout his/her life. This key skill involves self-portrait, leadership, managing time, setting goals, and emotional stability. When the individual have these key skills in their life it will leads them as a multifaceted personality without facing stress and devoting opportunities. Regarding these aspects, statements were given to the top scorers to obtain their opinions with a five-point scale and the scores are given in the Table 1.

Table 1
Top Scorers' Opinion on Self-Management Techniques

Statements	SA	A	N	DA	SDA	Total Score	Rank
Self-portrait defines and discovers myself.	146 (47.87)	101 (33.11)	43 (14.10)	11 (3.61)	4 (1.31)	1289	IV
Learning myself motivate me to become a learned leader in politics.	26 (8.52)	95 (31.15)	169 (55.41)	6 (1.97)	9 (2.95)	1250	VII
Taming time is a tool for successful life.	136 (44.59)	106 (35.74)	43 (14.10)	14 (4.59)	3 (0.98)	1276	V
Rational decisions rectify the perils present in all phases of life.	111 (36.39)	147 (48.20)	20 (6.56)	22 (7.21)	5 (1.64)	1252	VI
Determine the direction of career after SWOT analysis.	192 (62.95)	70 (22.95)	28 (9.18)	9 (2.95)	6 (1.97)	1348	I
Goals are achieved by adopting POSDCORB technique.	188 (61.64)	63 (20.66)	46 (15.08)	8 (2.62)	0 (0.00)	1346	II
Meditation and music maintain me.	133 (43.61)	129 (42.30)	37 (12.13)	4 (1.31)	2 (0.66)	1302	III

Source: Primary Data

(Figures in Parentheses are Percentages)

Neutral Score: $305 \times 3 = 915$

As per the Table 1 the top scorers are determining their direction of career after conducting SWOT (Strengths, Weaknesses, Opportunities, and Threats) analysis so the first rank is given to this statement. It indicates that SWOT analysis is essential for brand image and formulates success strategy towards the goal in any career. Top scorers achieved their goals by adopting POSDCORB technique (Planning, Organizing, Staffing, Directing, Coordinating, Reporting, and Budgeting) is given the second rank. The possible reason for this phenomenon may be, the top scorers belong to the realm of commerce so they are well-versed in the art of managing thyself. More than 80% of the top scorers agreed that meditation and music maintain themselves. Because meditation and music can wipe away the day's stress, bringing it with inner peace. 47.87% of the top scorers strongly agreed that self-portrait defines and discovers them. Less than 50% of the top scorers strongly agreed that taming time are a tool for successful life. Sixth rank is given to the statement "Rational decisions rectify the perils present in all phases of life". It is proved by the total score (1252). The last rank is given to the statement "Learning myself motivates me to become a learned leader in politics". The result indicates that young educated tries to stay away from politics. It is obvious that the top scorers' self-management is predominantly determined by the SWOT analysis. 62.95% respondents who strongly agreed this statement proved this.

The analysis indicates that the top scorers are managing themselves in a well manner because the total scores of all the statements are above the neutral score (915). The percentage analysis on the opinions of the top scorers on self-management techniques reveals that most of the top scorers determine their career after determining SWOT and achieve their goals by adopting POSDCORB. It helps them to draw a road map towards their goal so they can achieve success in career. The top scorers given lowest score (1250) to the statement "Learning myself motivate me to become a learned leader in politics". It shows that young educated are not interested to prove themselves in the governance of the country. 'Z' test is applied to find whether there is any significant difference in the mean opinion scores of the different categories of the top scorers regarding self-management techniques and the result is given in the Table 2.

Table 2
"Z" Test on Opinions Scores of Top Scorers on Self-Management Techniques

Factors	Categories	N	Mean	SD	Z
Gender	Male	52	31.538	3.013	8.21*
	Female	253	29.217	4.054	
Age	30 – 34 Years	158	29.498	3.773	2.80*
	34 – 38 Years	147	30.125	4.839	
Educational Qualification	PG	218	30.228	2.986	21.27*
	Post PG	87	25.472	3.539	
Marital Status	Married	249	25.908	3.865	6.06*
	Unmarried	56	24.195	3.602	

Source: Primary Data

* Z value is significant at 5% level

It is observed from the Table 2 that the male top scorers' mean opinion score (31.538) is more than the female top scorers' mean opinion score (29.217). The calculated "Z" value of 8.21 indicates that there is a significant difference between the mean values of these two categories regarding their opinion on self-management techniques. It shows that the male top scorers have better self-management aptitudes than the female top scorers.

The top scorers who lies in between 34-38 years of age group have higher mean opinion score (30.125) than the mean opinion scores of top scorers from 30-34 years age group (29.498). The calculated "Z" value of 2.80 indicates that there is a significant difference between the mean values of these two categories. The analysis shows that with the advancement of age top scorers can manage themselves effectively.

The mean opinion score of the top scorers with PG qualification (30.228) is more than the mean opinion score of top scorers with Post PG Qualification (25.472). The calculated "Z" value of 21.27 indicates that there is a significant difference between the mean values of these two categories regarding their opinion on managing thyself aptitudes. It is found that the top scorers with PG qualification have better managing aptitudes than the top scorers with Post PG Qualification.

The married top scorers have more mean opinion score (25.908) than their counterparts (24.195). The "Z" value of 6.06 reflects that there is a significant difference in the mean values of these two categories. It shows that married top scorers can manage themselves effectively than the unmarried top scorers.

CONCLUSION:

The analysis indicates that the top scorers are managing themselves in a well manner. When the educated are encouraged to participate in politics there will be a

paradigm shift in politics. Because the destiny of the nation is determined by the potential and enthusiastic younger leader. If we want to see a better India, it is time to mould young educated to build foundation for a flourishing developed country.

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